

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 2021**

Tsuen Wan District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting { Open Enrollment for Remaining Quota })	
Long Distance Running TC									
40609328	4/10-6/12	M	18:00-20:00	Shing Mun Valley SG	16+	130	20	24/9	
40609329	4/10-6/12	M	20:00-22:00	Shing Mun Valley SG	16+	130	20	24/9	
Breast Stroke TC for Adult (Level I)									
40586092	2/10-28/10 (excl. 14/10,23/10)	Tu,Th,Sa	19:30-20:30	Shing Mun Valley SP	18+	100	8	18/8-22/8 (30/8) {17/9}	
Front Crawl TC for Adult (Level I)									
40586095	4/10-29/10 (excl. 6/10,15/10)	M,W,F	9:00-10:00	Shing Mun Valley SP	18+	100	8	18/8-22/8 (30/8) {17/9}	
Aerobic Dance TC									
40609133	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Tsuen Wan West SC	14+	65	6	16/9	
40609139	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Tsuen Wan West SC	14+	65	6	16/9	
40609166	5/10-16/11 (excl. 14/10)	Tu,Th	9:00-10:00	Yeung Uk RD. SC	14+	65	12	18/8-22/8 (30/8) {17/9}	
40609172	5/10-16/11 (excl. 14/10)	Tu,Th	10:00-11:00	Yeung Uk RD. SC	14+	65	12	18/8-22/8 (30/8) {17/9}	
Chinese Dance TC									
40609324	12/10-14/12	Tu	11:00-13:00	Tsuen Wan SC	14+	45	10	18/8-22/8 (30/8) {17/9}	
Social Dance Mini Party (Night)									
40609337	8/10	F	19:00-22:00	Yeung Uk RD. SC	14+	20	14	28/9	
Hydro Fitness TC									
40586096	4/10-3/11	M,W,F	19:00-20:00	Shing Mun Valley SP	14+	80	11	18/8-22/8 (30/8) {17/9}	
40586097	4/10-3/11	M,W,F	20:00-21:00	Shing Mun Valley SP	14+	80	11	18/8-22/8 (30/8) {17/9}	
Judo TC									
40609327	6/10-8/12	W	18:00-20:00	Tsuen Wan West SC	6+	65	6	20/9	
Social Dance Mini Party (Afternoon)									
40609336	20/10	W	14:00-17:00	Tsuen Wan West SC	14+	20	6	28/9	
Social Dance TC									
40609586	7/10-16/12 (excl. 14/10)	Th	20:00-22:00	Yeung Uk RD. SC	14+	86	14	18/8-22/8 (30/8) {17/9}	
Tai Chi Made Easy Class									
40609598	7/10-18/11 (excl. 14/10)	Th,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	15	18/8-22/8 (30/8) {17/9}	
Briefing on Proper Ways to Use Fitness Equipment									
40609237	3/10	Su	10:00-13:00	Tsuen Wan SC	15+	Free	12	18/8-22/8 (30/8) {17/9}	
40609242	9/10	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	12	18/8-22/8 (30/8) {17/9}	
40609250	16/10	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	7	18/8-22/8 (30/8) {17/9}	
40609260	3/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	18/8-22/8 (30/8) {17/9}	
40609265	17/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	18/8-22/8 (30/8) {17/9}	
Archery Fun Day									
40609176	9/10	Sa	14:00-16:00	Shing Mun Valley Park	8+	Free	6	20/9	
Badminton TC									
40609191	4/10-8/11 (excl. 14/10)	M,Th	19:00-21:00	Tsuen Wan SC	7+	118	12	18/8-22/8 (30/8) {17/9}	
40609198	5/10-9/11 (excl. 14/10)	Tu,Th	19:00-21:00	Tsuen Wan West SC	7+	118	12	18/8-22/8 (30/8) {17/9}	
40609212	20/10-22/12	W	18:00-20:00	Yeung Uk RD. SC	7+	118	12	18/8-22/8 (30/8) {17/9}	
Table-tennis TC									
40609595	9/10-11/12	Sa	14:00-16:00	Yeung Uk RD. SC	6+	86	12	18/8-22/8 (30/8) {17/9}	
Tennis TC									
40609600	4/10-8/11 (excl. 14/10)	M,Th	17:00-19:00	Tsuen Wan Riviera Park	8+	170	6	18/8-22/8 (30/8) {17/9}	
40609603	5/10-9/11 (excl. 14/10)	Tu,Th	19:00-21:00	Tsuen King Circuit PG	8+	170	6	18/8-22/8 (30/8) {17/9}	
40609606	6/10-5/11	W,F	19:00-21:00	Shing Mun Valley	8+	170	6	18/8-22/8 (30/8) {17/9}	
40609608	7/10-11/11 (excl. 14/10)	Tu,Th	8:00-10:00	Shing Mun Valley	8+	170	6	30/9	
40609611	13/10-12/11	W,F	19:00-21:00	Sha Tsui RD. PG	8+	170	6	18/8-22/8 (30/8) {17/9}	
Cricket Fun Day									
40609326	10/10	Su	10:30-12:30	Gin Drinkers Bay Temp. Cricket Grounds	6+	Free	30	30/9	
Green Seminar at TWP									



Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method
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To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows: Training schemes: Accompanying carers may attend the class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.



Other activities: Accompanying carers are required to enrol in recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Table Tennis TP for Persons with Intellectual


40596158	4/10-1/11	M	10:00-12:00	Tsuen Wan SC	8+	8	18/8	 
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Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method
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Swimming TC for the Elderly (Level I)

40586093	2/10-28/10 (excl. 14/10,23/10)	Tu,Th,Sa	20:30-21:30	Shing Mun Valley SP	8	18/8-22/8 (30/8) {17/9}	
40586094	4/10-29/10 (excl. 6/10,15/10)	M,W,F	8:00-9:00	Shing Mun Valley SP	8	18/8-22/8 (30/8) {17/9}	


Fitness Exercise for the Elderly

40609067	6/10-19/11	W,F	11:00-12:00	Yeung Uk RD. SC	12	18/8-22/8 (30/8) {17/9}	
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
Social Dance FD for the Elderly

40609005	6/10	W	14:00-17:00	Tsuen Wan West SC	6	18/8-22/8 (30/8) {17/9}	
40609006	15/10	F	8:00-11:00	Tsuen Wan SC	15	18/8-22/8 (30/8) {17/9}	


HES-Badminton FD

40609000	5/10-28/10 (excl. 14/10)	Tu,Th	9:00-10:45	Yeung Uk RD. SC	14	18/8-22/8 (30/8) {17/9}	
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HES-Table-tennis FD

40609002	6/10-29/10	W,F	8:00-9:45	Tsuen Wan West SC	24	18/8-22/8 (30/8) {17/9}	
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Gateball FD for the Elderly

40609009	22/10	F	9:00-11:00	Tsuen Wan Park	15	18/8-22/8 (30/8) {17/9}	
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Fun Games for the Elderly

40609008	15/10	F	9:00-12:00	Tsuen Wan West SC	300	15/10	Walk-in
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